



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

January 2022

Volume XIII, Number 1

TRTA General Meeting Dates:

February 8, April 12, June 14,
August 9, October 11, December 13
Every other month on the second
Tuesday, 12:00 Noon, at **Ciminero's
Banquet Centre**, 123 N. Main St.,
Niles, Ohio 44446

Program: Our February program will
be Gary Russell from STRS. Gary will
present an STRS update.

Hospitality: Mary Fuller, Chairperson

Our February decorations will
celebrate friendship. "Friends are like
stars on a cloudy night; you may not
see them, but you know they are
always there."--John Gabriel

Collected at all meetings:

Cancelled and **trimmed stamps**, cell
phones, eyeglasses, hearing aids, and
yarn. No candle wax or pill bottles!

Foundation Financial Update:

See a list of donors on our webpage.

Mailing Meetings:

Won't you please consider joining us
to help with the mailing at 9 a.m. at
St. Paul Lutheran Church, Market St.,
Warren, on January 18, March 15,
May 10, July 19, September 20, and
November 15.

From our President, Marilyn Stanton:

First of all, I would like to extend best wishes for a happy and healthy
new year for all of us, our country and the world.

Secondly, I would like to thank our past president, Sue Datish, for an
extraordinary job and for all she has done. Sue not only conducted our
regular meetings and board meetings for three years instead of just
two, but she kept us connected during the months of lockdown with
Zoom meetings and emailed messages. Well done, Sue! Thanks so
much.

I have spoken with Mr. Ciminero. He really likes our group and enjoys
having us there. He has been hesitant in asking us to pay more for our
lunch and has not done so for several years. However, his costs have
gone up and with the loss of business due to COVID, it is necessary to
increase the cost. Our new lunch price will be \$15, which is still a
bargain compared to other places for all that is included.

Lastly, we are still in need of a Legislative chairman. This does not
require extra meetings. The purpose of the position is to keep us
informed of any updates/changes from STRS, ORTA, or current
legislative action. You may also invite committee members to assist
you. Anyone who is interested in this position or has further questions
should please contact me or one of the officers.

See you in February!



Treasurer's Report, December 31, 2022

Checking account balance \$ 4,035.72

Savings account balance \$ 8,556.69

You may view the detailed treasurer's report on the TRTA website:

<https://trumbullrta.wixsite.com/trta>

TRTA Lifelines

Volume XI, No. 1 compiled by Carol Hart



Healthy Hot Drinks

Colder weather seems to be the time we enjoy hot drinks more. Not all hot drinks offer the same benefits. Coffee is linked to a lower risk of heart failure, type 2 diabetes, and several types of cancer. Tea has many health-boosting compounds called flavonoids. These flavonoids protect against heart disease. Hot chocolate may help decrease inflammation and prevent insulin resistance. Finally, hot apple cider has antioxidant properties. When drinking these hot drinks, always remember that additional sugar, cream or whipped cream makes them less healthful. (*Consumer Reports On Health*, January 2022: p. 10)

Safer Winter Driving



Remember to keep your gas tank at least half full in the winter. Top off the window washer fluid as well. Check your battery. Dress right for the weather and maybe take along boots, scarf, and hat, even for a short errand. Take a fully charged phone with you. Keep a few items in the car at all times: a flashlight and batteries, a first-aid kit, a blanket, jumper cables, bottled water and a few non-perishable snacks. (*Consumer Reports On Health*, January 2022: p. 11)

New Year's Resolutions

This custom goes back to the early 1900s or before. It is interesting to compare today's resolutions with those made in 1947. Today's include such things as losing weight, learning something exciting, staying fit, and getting organized. In 1947, resolutions included controlling one's temper, saving money, doing a better job, and being more religious. (*Old Farmer's Almanac/Almanac.com*, January 2022, p. 2)



Trivia

George Washington's false teeth were not made of wood at all. That is a myth. One theory suggests they were hippopotamus teeth filed down to fit his mouth or a combination of human and animal teeth (often from horses and donkeys).

Community Service, Jeannie Morello

At our February meeting, we will collect for Akron Children's Hospital. Your donations of new coloring books, crayons, and story books are appreciated. **New Year, new idea . . .** TRTA will present awards (prizes) to its top volunteers in 2022. (Plans are in the works.) Please keep track of your hours spent volunteering in all the wonderful ways you do.

Necrology, Denise Deltondo

In February we will remember those we've lost since our last memorial service. The following people will be honored: Donna H. Lowman, Elsie E. Fell, Raymond A. Derda, Dorothy Harshman Morocco, Robert J. Simon, Mildred Louise Richardson, Howard Lutz, Russel J. White, Doris L. Zimmerman, Herbert H. Hadley, Jr., and Judith Z. Zimmer. If you know of a deceased TRTA member who is not on the list, please call me at 330.530.4011. Deceased members will be added to the list up to the time of our February meeting.



Scholarship, Vickie Janik

Scholarship The online scholarship application for TRTA will be available beginning around January 19, 2022, at CFMV.org/scholarships. The deadline to apply is March 1, 2022. Any Trumbull County public high school senior or Kent State University junior or senior majoring in education is eligible to apply.

Teacher Grant, Diana Bauman and Cindy Harris

Ten Teacher Grant applications were submitted. The selection committee met in December and selected the two recipients. Notices of awards will be sent in January.

Luncheon Reservation Tuesday, February 8, 2022

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by January 25, 2022

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$15.00 = _____

Scholarship Donation: _____

Total Enclosed: _____

If you make a reservation and are unable to attend, regretfully there can be no refunds or carry overs for the next meeting as TRTA has to pay Ciminero's for the lunches ordered.

A RESERVATION IS REQUIRED; NO WALK INS. Thank you for your understanding.
Social distancing rules will follow state guidelines.

Make one check payable to TRTA.

Send this form to:

Dave Ambrose
2740 Atlantic St. NE
Warren, OH 44483-4426
330-647-3666

Membership Dues (Please check the appropriate box)

Name _____ as you want it to appear on your luncheon name tag.

Email _____ Phone Number _____

____ \$20 TRTA Annual Membership

____ \$150 TRTA Life Membership

Please return this application form and check payable to TRTA in the amount of \$_____ to:

Mr. Dave Ambrose, Financial Secretary
2740 Atlantic St. NE, Warren OH 44483-4426

Questions? Contact Dave Ambrose

Email: dambrose1@neo.rr.com Phone: 330.647.3666

() Please create a TRTA membership card for me.

() Receive at the next membership luncheon.

() Mail to my current address.

TEMPORARY or PERMANENT ADDRESS CHANGES

Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. The postal service charges TRTA a fee for each returned newsletter.



EMAIL ADDRESS Let Dave know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: dambrose1@neo.rr.com

TRTA
2740 Atlantic St. NE
Warren, OH 44483-4426

Nonprofit ORG
U.S. Postage Paid
Warren, OH
Permit NO. 29

Reservations are due January 25,



Membership, Luanne Hite, Gretchen LaLiberte, Co-Chairs

Dave Ambrose, Dues Coordinator

As of January 9, we have 361 TRTA members. Six 2021 members have upgraded their TRTA status to Life Membership and two recent retirees have become TRTA members. Welcome, Jeffrey McClain and Karen Nelson.

Membership Dues for 2022

Thanks to all those members who have already renewed their dues for 2022. Dues for 2022 need to be paid before January 31, 2022, or this may be your last newsletter. We still have 22 members who have not renewed their dues.

If you are unsure whether you have renewed your dues, check your membership status on the address label of the newsletter. If your dues are current, your label should read dues paid through 2022. If you still need to renew your dues, there is a membership renewal form in this newsletter or at the TRTA website: trumbullrta.wixsite.com. Dave's contact information is on the renewal form. If you are no longer interested in belonging to TRTA, please notify Dave Ambrose.

MEMBERSHIP CARDS

Dave will continue to print TRTA membership cards upon request. If you are a 2022 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave by email: dambrose1@neo.rr.com or by Phone: 330-647-3666. Your membership card will be available for pick up at the nametag table at the February TRTA luncheon meeting, or you may request that Dave mail it to you.

Web Address: <https://trumbullrta.wixsite.com/trta>—Follow Trumbull Retired Teachers Association on Facebook. Please email comments or corrections for the TRTA Newsletter to Cindy Harris, Editor, at cindyharris513@gmail.com.